

IN THE CLAIMS:

Please amend the claims such that the pending claims read as follows:

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1. (Currently Amended) A restraint that reduces breast movement while a person exercises ~~or performs some other activity~~, comprising:

*B<sup>1</sup>* a strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and

an adjustable fastener that is for fastening the strap together and that is disposed to be positioned at the person's back;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising ~~or other activities~~.

2. (Original) A restraint as in claim 1, wherein the strap is at least one inch wide at a portion that fits across the tops of the breasts.

3. (Original) A restraint as in claim 2, wherein the strap is all of a uniform width.

4. (Currently Amended) A restraint that reduces breast movement while a person exercises ~~or performs some other activity~~, comprising:

a strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and

an adjustable fastener for fastening the strap together;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising ~~or other activities~~; and

wherein the strap is shaped so as to be wider at a portion that fits across the tops of the breasts.

5. (Original) A restraint as in claim 1, wherein the strap is all of a single elastic material.

6. (Previously Presented) A restraint as in claim 1, wherein the fastener is a hook-and-loop fastener.

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7. (Original) A restraint as in claim 1, wherein the restraint is adapted to be worn in addition to a bra.

8. (Original) A restraint as in claim 1, wherein the strap is incorporated into a bra.

9. (Original) A restraint as in claim 8, wherein the bra is a sports bra.

10. (Currently Amended) A method that reduces breast movement while a person exercises ~~or performs some other activity~~, comprising:

fitting a strap across tops of the person's breasts, under the person's arms, and around the person's back;

fastening the strap together with an adjustable fastener; and

positioning the adjustable fastener at the person's back;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising ~~or other activities~~.

11. (Original) A method as in claim 10, wherein the strap is at least one inch wide at a portion that fits across the tops of the breasts.

12. (Original) A method as in claim 11, wherein the strap is all of a uniform width.

13. (Currently Amended) A method that reduces breast movement while a person exercises ~~or performs some other activity~~, comprising:

fitting a strap across tops of the person's breasts, under the person's arms, and around the person's back; and

fastening the strap together with an adjustable fastener;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising ~~or other activities~~; and

wherein the strap is shaped so as to be wider at a portion that fits across the tops of the breasts.

14. (Original) A method as in claim 10, wherein the strap is all of a single elastic material.

15. (Previously Presented) A method as in claim 10, wherein the fastener is a hook-and-loop fastener.

16. (Original) A method as in claim 10, further comprising wearing a bra.

17. (Original) A method as in claim 10, wherein the strap is incorporated into a bra.

18. (Original) A method as in claim 17, wherein the bra is a sports bra.

19. (Currently Amended) A restraint that reduces breast movement while a person exercises ~~or performs some other activity~~, consisting essentially of:

a single strap that fits across tops of the person's breasts, under the person's arms, and around the person's back; and

an adjustable fastener that is for fastening the strap together;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising ~~or other activities~~.

20. (Previously Presented) A restraint as in claim 19, wherein the restraint is adapted to be worn in addition to a bra.

21. (Currently Amended) A method that reduces breast movement while a person exercises ~~or performs some other activity~~, consisting essentially of:

fitting a single strap across tops of the person's breasts, under the person's arms, and around the person's back; and

fastening the strap together with an adjustable fastener;

wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising ~~or other activities~~.

22. (Previously Presented) A method as in claim 21, wherein the restraint is adapted to be worn in addition to a bra.

23. (New) A method comprising the step of

using a device to reduce breast movement while a person exercises, said device including a strap that fits across tops of the person's breasts, under the person's arms, and around the person's back, and an adjustable fastener that is for fastening the strap together and that is disposed to be positioned at the person's back, wherein at least part of the strap is sufficiently elastic so as to ensure a close fit, but is also sufficiently inelastic so that the restraint avoids contributing to movement of the breasts during exercising or other activities.

24. (New) A method as in claim 23, wherein said step of using further comprises

the steps of putting the device on and exercising while wearing the device.

25. (New) A method as in claim 24, wherein the step of putting the device on

further comprises:

fitting the device across tops of the person's breasts, under the person's arms, and around the person's back; and

fastening the strap together with an adjustable fastener.

26. (New) A method as in claim 23, wherein the device consists essentially of the

strap and the adjustable fastener.

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